



Everyone has stress in their lives. Stress can be positive because a certain amount is needed to achieve our goals. It is not the feelings of stress that creates the problem. Stress becomes a problem when you reach a point where you feel that you are unable to cope. Learn how to take charge of your thoughts, emotions, schedule, and the way you deal with problems and stress.


By the end of this session, the participant will:

- Have a clearer understanding of stress and the importance of managing it.
- Be able to analyze the points of pressure in your life so that you can neutralize them.
- Learn how to prioritize and determine what’s really important.
- Have access to a range of different stress management techniques.

PRESENTERS: *Deirdre Ramirez*, RN, MSN, is a Nurse Educator at Piedmont Geriatric Hospital. She has over 26 years of work experience in various health care settings. She has a Master’s Degree in Nursing Education and a BA in Counseling. *Sherry Avery, RN-BC*, is a Trainer & Instructor at Piedmont Geriatric Hospital & Virginia Center for Behavioral Rehabilitation. She has her Bachelor’s Degree in Nursing and is certified in *Nursing Professional Development* by the American Nurses Credentialing Center. Her work with clients and teaching in various psychiatric settings culminates in over 30 years experience in psychiatric nursing.

DATE: Thursday, September 13, 2012	CEUs
TIME: 9:30 AM–3:00 PM (30 min. for lunch)	0.5 CEUs from John Tyler Community College
COST: \$25.00 per person including lunch; or \$42.00 with optional CEUs	are requested. CEUs are optional for a
PLACE: Piedmont Geriatric Hospital Burkeville, Virginia	processing fee of \$17.00 per person. PGI will
	issue a Certificate of Completion for five (5)
	contact hours if you elect not to receive CEUs.

ENROLLMENT: Please enroll soon, but not later than the **September 6 deadline**. Refunds can be made only if we receive your cancellation five (5) days before the workshop date. Send registration form and check (payable to PGI) to:

	Piedmont Geriatric Institute P. O. Box 427 Burkeville, VA 23922-0427
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Contact us at 434-767-4521, fax 434-767-4947, or by email at christy.ballou@dbhds.virginia.gov
Please visit our website at <http://www.pgh.dbhds.virginia.gov/PGIWeb/pgihome.htm>.

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REGISTRATION FORM: Got Stress?

Name(s): _____

Position(s): _____

Facility: _____

Address: _____

City, Zip: _____

Telephone: _____ Email: _____

CEUs _____ Yes _____ No Check Enclosed \$ _____ Payment will follow \$ _____